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1. GETTING STARTED

Get to Know Your Polar F4

1. START/STOP/OK:

- Start and stop heart rate measurement
- Enter the menu and confirm selections
- Move back to the main mode from Summary and Totals
- Press and hold to return to Time mode
- Activate the backlight
- Switch the alarm and snooze off

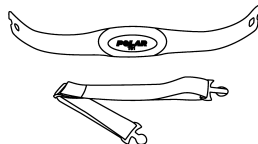
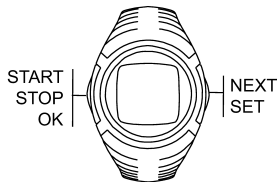
2. NEXT/SET:

- Move in the menu and selection lists to adjust values
- Snooze the alarm for 10 minutes

Press and hold to

- Switch the Keylock on/off
- Switch the Target zone alarm on/off in the Exercise mode

The transmitter sends the heart rate signal to the wrist unit. The transmitter consists of the transmitter unit and elastic strap.



Enter Basic Settings

1. Press OK twice to activate your Polar F4.
2. **SETTINGS** is displayed. Press OK.
3. **TIME MODE?** Select 24 h or 12 h time mode by pressing SET. Press OK to confirm your selection.
4. **TIME OF DAY** Adjust minutes and hours. In the 12 h time mode, select AM or PM, first.
5. **SET DATE** In 24 h time mode: dd.mm.yy. In 12 h time mode: mm.dd.yy.
6. **UNIT** Select kilograms and centimeters (kg/cm) or pounds and feet (lb/ft).
7. **WEIGHT** Enter your weight.
8. **HEIGHT** Enter your height.
9. **AGE** Enter your age.
10. **SEX:** Select **FEMALE** or **MALE**.
11. **SETTINGS OK** is displayed.
The Polar F4 enters Time mode.



*The digits run faster if you press and hold SET.
Release the button at the desired value.*

2. BEFORE EXERCISE

Wear the Transmitter

Wear the transmitter to measure heart rate.

1. Attach one end of the transmitter to the elastic strap.
2. Adjust the transmitter's strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and buckle the strap to the transmitter.
3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back. Check that the wet electrode areas are firmly against your skin and that the Polar logo is in a central, upright position.



3. DURING EXERCISE

Record Your Exercise

1. Wear the transmitter and wrist unit. Press **START** to begin recording exercise data. Preferably, there should be no other heart rate monitors nearby (within 1m / 3ft), to avoid interference.
2. Your heart rate and the framed heart symbol will appear in a few seconds. The frame around the heart symbol indicates that your heart rate is coded. A heart without a frame indicates a non-coded heart rate transmission.
3. To activate the heart rate zone alarm, press and hold **NEXT**.
4. Press **STOP** to stop recording. **SUMMARY** is automatically displayed. Each result is displayed for 3 seconds.



If your display reads 00/--, heart rate signal is not being received. Bring the wrist unit up to your chest near Polar logo. This will prompt the wrist unit to begin a new search for the heart rate signal.

Functions During Exercise

Press NEXT to browse the following information:



Heart Rate

Exercise calories

Heart rate



Duration

Heart rate limits

Exercise duration



Fitness Bullets

Fitness bullets. There are six fitness bullets. Each represents 10 minutes in the target heart rate zone.

Time of day

Heart Touch

To illuminate the display, bring the wrist unit close to the Polar logo on the transmitter.

4. AFTER EXERCISE

Exercise Summary

Press STOP to cease recording of exercise data. **SUMMARY** is automatically displayed.



DURATION

Exercise duration



IN ZONE

Exercise time in the target zone



AVG. HR

Average heart rate of the exercise session (bpm)

**MAX HR**

Maximum heart rate of the exercise session

**CALORIES**

Calories expended during the exercise session (Cal/Kcal)



For more facts and know-how to enhance your training, visit Polar Article Library. <http://articles.polar.fi>

Summary File

You can review your latest exercise information in the Summary file.

1. In the Time mode, press NEXT. **SUMMARY** is displayed.
2. Press START to start reviewing the the data. **DATE** is displayed.
3. Press NEXT for the following exercise information:
 - **DATE** Exercise session date
 - **DURATION** Exercise session duration
 - **IN ZONE** Exercise time in target zone
 - **AVG. HR** Average heart rate of the exercise session
 - **MAX HR** Maximum heart rate of the exercise session
 - **CALORIES** Calories expended during the exercise session

Press OK. **SUMMARY** is displayed. Proceed to the **Totals file** by pressing NEXT or return to Time mode by pressing and holding START.

Totals File

You can review cumulative exercise information in Totals file.

1. Starting from the Time mode, press NEXT twice. **TOTALS** is displayed.
2. Press START to review data. **TOT. TIME** is displayed.
3. Press NEXT for the following exercise information:
 - **TOT. TIME** Total exercise time and the beginning date.
 - **TOT. CAL** Total calorie expenditure and the beginning date.
 - **COUNT** Total number of all exercise sessions and beginning date.

Data Communication

Your Polar fitness heart rate monitor offers you the option of editing and transferring settings easily from your PC to your wrist unit via the Polar UpLink Tool™. You can download the software free of charge at www.polar.fi.



To use the UpLink Tool, your computer must be equipped with a sound card and dynamic loudspeakers or headphones.

For further instructions, see www.polar.fi/fitness.

5. SETTINGS

Heart Rate Limits

1. Starting in Time mode, press NEXT until **SETTINGS** is displayed.
2. Press START twice. **LIMIT SET** and **LIMITS** are displayed.
3. Press SET to select heart rate limits as beats per minute (HR) or as percentage (HR_{max} %). Press OK.



-
4. **HIGH LIMIT** is displayed. Select the higher limit with SET. Press OK



-
5. **LOW LIMIT** is displayed. Select the lower limit with SET. Press OK

6. **LIMIT SET** is displayed. Press NEXT to proceed to **SOUND SET**.

Target Heart Rate Zone

Your target heart rate zone is a range between the lower and upper heart rate limits expressed as percentages of your maximum heart rate (HRmax) or as beats per minute (bpm). HRmax is the highest number of heartbeats per minute during maximum physical exertion. The wrist unit calculates your HRmax according to your age: Maximum heart rate = $220 - \text{age}$. For more accurate measurement of your HRmax visit your doctor or exercise physiologist for an exercise stress test.

In exercise, different heart rate zones produce different results. The heart rate zones that suit you depend on your goal and your basic physical condition.

When your heart beats at 60-70% of your HRmax (HRmax%), you are in the **Light Intensity Zone**. Whether you have just started working out or you exercise fairly regularly, much of your workout will be in this zone. Fat is the body's main source of energy at this level of intensity; therefore this zone

is also good for weight control. This intensity still feels fairly easy for most people and provides, for example, the following benefits:

- Improves endurance
- Improves aerobic (cardiovascular) fitness
- Helps in weight control

Push on to 70-80% of your HRmax, and you are in the **Moderate Intensity Zone**. This is especially good for people who are exercising regularly. For most people, this is often the fastest pace they can maintain and still remain comfortable and free of pain. Exercising in this zone is particularly effective for improving aerobic fitness. If you are out of shape, your muscles will use carbohydrates for fuel when you are exercising in this zone. As you get fitter, your body starts using a higher and higher percentage of fat for fuel, thus preserving its limited stores of muscle carbohydrate. Exercising in the moderate intensity zone results in some additional benefits:

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- Improves aerobic fitness
- Improves endurance
- Helps in weight control
- Accustoms your body to exercising at a faster pace
- Helps to increase the speed you can maintain without building up lactic acid

At 80-90% of your HRmax, you have moved into the **Hard Intensity Zone**. Exercise in the hard intensity zone definitely feels “hard”. You will find yourself breathing heavily, having tired muscles and feeling fatigued. This intensity is recommended occasionally for fit people. Exercising in this zone is intensive, so it provides some unique benefits.

- Increases muscles' tolerance to lactic acid (your anaerobic threshold)
- Improves hard, short effort ability

When you exercise in the right intensity zones, it guarantees your enjoyment in your favourite sports. Alternate between intensity zones to improve your fitness and get variation in your

exercise. Remember that the lower the intensity the longer you can comfortably exercise in it. Exercise in higher intensity for shorter periods.



Polar target heart rate intensity definition is modified from international exercise science authorities' recommendations in which light intensity can reach lower than 60% of HR_{max}

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Sound

1. Starting in Time mode, press NEXT until **SETTINGS** is displayed.
2. Press START and then NEXT. **SOUND SET** is displayed. Press START.
3. Select sound **ON** or **OFF** with SET. Press OK.
4. Press **NEXT** to proceed to **WATCH SET**.

Watch

Alarm Setting

1. Starting in Time mode, press NEXT until **SETTINGS** is displayed.
2. Press START once and NEXT until **WATCH SET** is displayed.
3. Press START. Select **ALARM ON** or **OFF** with SET. Press OK.
ALARM OFF: Proceed to time setting step 4.
4. **ALARM ON** (24 h mode): Press OK. Adjust the hours with SET. Press OK. Adjust minutes with

SET. Press OK to proceed to Time Setting step 4.

5. **ALARM ON** (12 h mode): Select **AM** or **PM** with SET and the hours and minutes with SET. Press OK to confirm selections and proceed to Time Setting step 4.

Time Setting

1. Starting in Time mode, press NEXT until **SETTINGS** is displayed
2. Press **START** once and **NEXT** until **WATCH SET** is displayed.
3. Press START until **TIME 24H** is displayed.
4. Press SET to select **TIME 24H** or **TIME 12H**. Press OK.
5. Adjust hours, minutes and seconds with SET. Press OK.

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Date Setting

1. Starting in Time mode, press NEXT until **SETTINGS** is displayed
2. Adjust date, day, month, and year with SET. Press OK.
3. Press NEXT to proceed to **USER SET**.

User

1. Starting in Time mode, press NEXT until **SETTINGS** is displayed.
2. Press START once and NEXT until **USER SET** is displayed.
3. Press START. **WEIGHT KG/LBS** is displayed. Choose weight with SET and press OK.
4. **HEIGHT CM/FT**: Choose height with SET and press OK.



If using lb/ft set feet first, then inches.

5. **AGE**: Choose with SET and press OK.
6. **SEX**: Select **FEMALE** or **MALE** with SET and press OK.
7. Press NEXT to proceed to **UNIT SET**.

Unit

1. If you start from the Time mode, press NEXT until **SETTINGS** is displayed.
2. Press START and then NEXT until **UNIT SET** is displayed.
3. Press START. **UNIT** is displayed. Select unit with SET and accept with OK.
4. Return to the Time of Day display by pressing and holding START.

6. CUSTOMER SERVICE INFORMATION

Caring for Your Heart Rate Monitor

Heart Rate Monitor, Transmitter: Keep in a cool and dry place. Do not store in a damp environment, in non-breathable material (a plastic bag or a sports bag) or with conductive material (a wet towel). Do not expose to direct sunlight for extended periods.

Clean with a mild soap and water solution, dry with towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals).

Strap: Rinse with water after every use. Wash after swimming. If used regularly, wash at least once every three weeks in a washing machine at 40°C / 104°F. Use a washing pouch. Do not soak, and use neither detergent with bleach nor fabric softener. Do not dry-clean, spin-dry or iron.

Service: Your Polar F4 Heart Rate Monitor is designed to help you achieve your personal fitness goals, indicate the level of physiological strain and intensity during an exercise session. No other use is intended nor implied.

During the two-year guarantee/warranty period we recommend that you service your equipment at authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

Changing Wrist Unit Batteries

Do not open the wrist unit yourself. To ensure water resistance properties and the use of qualified components, the wrist unit battery should be replaced by an authorized Polar Service Center only. A full periodic check of the heart rate monitor will be done when changing batteries.

The low battery symbol will appear when 10-15% of the battery capacity is left. The backlight and sounds are automatically deactivated. Excessive use of the backlight drains the battery more rapidly. In cold conditions, the low battery indicator may appear, and disappear again when you return to a warmer environment.

Changing Transmitter Batteries

If you suspect that the transmitter battery has run out, contact your authorized Polar Service Center for a replacement transmitter. Polar recycles used transmitters.

Precautions

Minimizing Possible Risks

Exercise may include some risk. Before beginning a regular exercise program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to exercise intensity, medications for heart conditions, blood pressure,

psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during exercise. If you feel unexpected pain or excessive fatigue when exercising, stop or continue at a lighter intensity.

If you have a pacemaker, defibrillator or other implanted electronic devices, use the Polar heart rate monitor at your own risk. Before starting use, take a maximal exercise stress test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar heart rate monitor.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the transmitter, wear it over a shirt. Moisten the shirt well under the electrodes to ensure flawless operation.

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The combined impact of moisture and intense abrasion may cause a black color to come off the transmitter's surface, possibly staining light-colored clothes.

If you use insect repellent on your skin, make sure that it does not come into contact with the transmitter.

When in non-coded mode, the wrist unit picks up transmitter signals within 1 m / 3ft. The frame around the heart symbol on the bottom of the display indicates that transmission is coded. Coding blocks interference from nearby heart rate monitors.

Polar F4 may be worn when swimming. To maintain water resistance, do not press buttons under water. See further information at support.polar.fi.

Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on the case back	Wash splashes, sweat, raindrops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant	x	-	-	-	Splashes, raindrops etc.
Water resistant 30m / 50m	x	x	-	-	Minimum for bathing and swimming
Water resistant 100m	x	x	x	-	For frequent use in water but not SCUBA diving

Troubleshooting

If you don't know where you are in the menu, press and hold BACK until the time is displayed.

If there are no reactions to any buttons, reset the wrist unit by pressing all the buttons simultaneously for two seconds. All other settings except time and date will be saved.

If the heart rate reading becomes erratic, extremely high or shows nil (00), make sure no other heart rate transmitter is within 1 m/3 ft, and that the transmitter strap fits snugly and the electrodes of the transmitter are moistened, clean and undamaged.

Strong electromagnetic signals can cause erratic readings. If the abnormal reading continues despite moving away from the source of disturbance, slow down and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.

A cardiac event may have altered your ECG waveform. In this case, consult your physician.

If heart rate measurement does not work despite the actions mentioned previously, the battery of your transmitter may be empty. For further information, see chapter Caring for Your Heart Rate Monitor.

Technical Specification

Wrist Unit

Battery type	F4F CR 1632
Battery life	F4M CR 2032 CR 1632 average 1.5 years CR 2032 average 2.5 years -10 °C to +50 °C / 14 °F to 122 °F
Operating temperature	
Accuracy of heart rate measurement	± 1% or ± 1 bpm, whichever larger, definition applies to steady state conditions.
Watch accuracy error	Better than ± 0.5 seconds/day at 25 °C / 77 °F temperature.
Wrist strap material	Thermoplastic Polyurethane (TPU)
Wrist strap buckle and strap tongue material	Polyoxymethylene (POM)
Back cover material	Stainless steel complying with the nickel release regulations of the (EU Directive 94/27/EU and its amendment 1999/C 205/05).

Heart rate is displayed as the number of heartbeats per minute (bpm) or as a percentage of your maximum heart rate (HR_{max} %).

Transmitter

Battery type	Built-in Lithium Cell
Battery life	Average 2500 hours of use
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Material	Polyurethane
Water resistant	100 m

Elastic Strap

Buckle material	Polyurethane
Fabric material	Nylon 46%, polyester 32%, natural rubber (latex) 22%

Limit values

Chronometer	23 h 59 min 59 s
Heart rate limits	30 - 199 bpm
Total time	0 - 9999 h 59 min 59 s
Total calories	0 - 999999 kcal/Cal
Total exercise count	65 535

Guarantee and Disclaimer

Limited Polar International Guarantee

This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.

Polar Electro Inc. / Polar Electro Oy guarantees to the original consumer/ purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.

Please keep the receipt or stamped Polar Customer Service Card, which is your proof of purchase!

The guarantee does not cover the battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases.

The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product. During the guarantee period the product will either be repaired or replaced at an authorized service center free of charge.

This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/ purchase contract.

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This product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.

Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE). These products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.